

## ABSTRACT OF THE DISCLOSURE

In order further to develop a built-in light comprising a frame 1 which can be mounted to a ceiling, a retaining hoop 2 which can be fixed to the top side of the frame, a reflector 4 which can be connected to the frame 1 and a fitting carrier 3 which can also be connected to the frame 1 in  
5 such a way that it can be more easily assembled, it is proposed that the retaining hoop 2 is provided with lateral guide surfaces 2d for guiding the fitting carrier 3 and support surfaces 2e engaging thereunder for draw-like receiving the fitting carrier 3 and that there are provided latching means for connecting the fitting carrier 3 to the retaining hoop 2. (Figure 1)